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THE
BUDDHIST DIET-BOOK.



PREPARED BY
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PREFACE.

THE Buddhist, aside from all ethical and philosophical reasons, claims that his religion is the best of all systems because it deals with man in his sevenfold being. Not only does it require of its votaries adherence to the tenets of the faith, but it regulates his every worldly act and inward impulse. Restraint of the natural man, development of the spiritual, is its cardinal law, and in the establishment of it over himself he is called upon to abjure animal foods and stimulants, and to eat and to drink what is conducive to the one purpose of his life. The Buddhist is distinguished from the members of

all other sects by his obligation to live a vegetarian, temperate, and peaceable life. He is not to strive after mastership in any of the brute arts. He is to eliminate the stain of animal food from his blood, to look with horror on a slaughter-house, and with humiliation upon a butcher's stall.

Eastern Buddhists are natural vegetarians; they have nothing to unlearn. The Western Buddhist is confronted with difficulties the moment he starts out in his career. The radical change he is compelled to make in his diet is surrounded with complications, and ignorance of what to eat as a substitute for meat adds to his embarrassment, particularly where he has no facilities for securing the right food.

The possibilities of a strictly vegetarian diet are not revealed to meat-eaters. With grains

and fruits we can build up and sustain our bodies in the highest health. The essential thing to remember, in beginning a vegetarian diet, is to rightly combine alimentary substances which differ in their compositions. This is the true secret of vegetable cooking, together with its careful and proper preparation. There is no dearth of food or of ways of serving it; and the inspiration to adopt it is increased when all the benefits to be derived from it are realized.

The freedom that follows the elimination of all desire for flesh food, the Buddhist claims, is reward enough for the effort to unlearn the habits of our ancestors. The impetus to spiritual growth is to be appreciated only by those who have conscientiously striven to overcome the taste for meat. There can be no comprehension of the importance of this subject until

it has become the personal experience of men and women reared and educated in the belief that the body is dependent upon animal food for nourishment. Terribly degrading is such teaching, and difficult beyond ordinary conception to eradicate.

During a sojourn of many months among Buddhists, I experienced all the benefits of a strictly vegetarian food. The exclusive diet which my friends of Ladbroke Gardens, Elgin Crescent, and Platz Hof Strasse offered their happy guest was a veritable physical regeneration; and while it is true that there were other factors combined with food to produce the results obtained, the pure diet cannot be overestimated. The days came and went, and the meals were always delightful and enjoyable, without repetitions, and unvaryingly good.

And if, as my Hindoo friends would say, my good Karma brought me such blessings as came to me through my months with these Buddhist associates, then may I not pay a part of this debt of gratitude by giving to others what was so great a boon to me?

THE BUDDHIST DIET BOOK.

Facts for Buddhists to Remember.—The human body “in the beginning” did not require food to support life. Man ate nothing, but imbibed nutriment by the osmose from the air. It was only when the body became condensed and in a sense gross that repair of the system had to be made by food taken into the stomach.

The history of human evolution on this planet is the history of descent from spirit to matter. The result is multiplicity of reincarnations. Man can never follow the advice of the Delphic oracle until he conquers his lust for flesh and frees himself from the woes it brings in its train.

The astral senses cannot be developed by meat-eaters. With the majority of mankind the tide of evolution will be making its last round in objective life before they are awakened.

The enlightened are retarded in their progress by the materiality of the many. But the advance of the race is the factor in the problem of which selfishness takes no cognizance. The underlying Karmic principle is that an agency which prevents a race from moving forward slackens the pace of every member, albeit he has an adept's impulse to growth.

Man has no enemy half so powerful as his own selfish nature. A man is his thoughts; to change him they must be changed. Self is the witness of self. The only path to happiness is the power over self.

To dwell in the light of the "Great Science"

man must live like the sages of old—tranquil and pure ; free from debasement of any of the seven attributes of his nature.

Facts for Vegetarians to Consider.—A vegetable diet is four or five hundred per cent cheaper than the same amount of food derived from the flesh of animals.

The animals which for power of endurance and rapidity of motion are valued for our service derive the whole of their strength and nutriment from the vegetable kingdom ; such are the horse, the camel, the elephant.

The physical condition of many flesh-eaters shows that the blood itself is loaded with impurities and in a state of decomposition, and that persons whose blood is in this impure state are liable, on very slight exposure,

chill, etc., to be attacked with dangerous illness. That this condition is caused by flesh-eating is shown from the fact that it is quickly changed by the adoption of a vegetable diet.

The flesh-eating habits of the so-called civilized world render necessary the setting apart of a whole class of men for the performance of the degrading and brutalizing office of slaughtering animals for food.

Were it not for the large quantities of vegetables consumed by flesh-eaters, disease would ensue in every case. Vegetables supply the salts of the blood.

The peasantry of all nations abstain from animal food—wholly or in part—from necessity. Their vigor is greater than that of any other class in every country.

Meat is the most costly of all foods, and among

civilized races the struggle for life rages to so fearful an extent that human beings shorten life by the effort they make to save it.

The average age of man should be a century.

The majority of human beings die before they are half as old. The longest lived are those who feed on cereals.

Vegetarian diet, by contributing to the physical health of man, improves likewise his moral condition, besides conducing in no small degree to the healthy development of the intellectual faculties ; since it must naturally follow, that by rendering the instrument clear and pure, the acts of life will be materially elevated, also being identified with that which is clear and pure.

VEGETABLES.

THE vegetarian has wheat, oats, barley, maize, rice, sago, spaghetti, tapioca, macaroni, vermicelli, hominy, peas, asparagus, beans, both kinds of potatoes, corn, parsnips, beets, lettuce, carrots, kohl-rabi, turnips, cress, onions, broccoli, radish, cabbage, cauliflower, apples, pears, melons, strawberries, raspberries, blackberries, and other berries, apricots, quinces, and grapes. Of dried fruits, dates, figs, apples, peaches, currants, raisins, nuts of every variety, also milk, cheese, and honey.

Hazel-nuts, almonds, Brazil-nuts, and chestnuts contain a large amount of oil and nitrogenous compounds. They are highly nutritious, but require to be thoroughly masticated. It

would be quite possible to live entirely on fruits and nuts combined ; ripe fruits being rich in saccharine constituents, and nuts being distinguished for a large percentage of nitrogen. We instinctively appear to combine the two when we eat raisins with our almonds.

Ripe fruits rarely contain more than sixteen per cent of solids. Grapes contain sixteen parts of solid matter in the hundred ; apples, fourteen parts ; while in raspberries, blackberries, and plums the solid nutriment falls to eight parts. . Dried fruits, such as figs, dates, and raisins, contain a large amount of sugar, and are decidedly nutritious.

The Buddhist has, in addition to fruits and the puddings and pastries made of fruits, creams, ices, and confections. His drinks are milk, coffee, tea, chocolate, and lemonade. The

latter combined with other fruit-acids makes a most refreshing beverage.

He uses preserves, herbs, curries, and sweet condiments, many of which would be pleasant surprises to the Westerners who know as yet little of the possibilities of scientific vegetarian cookery.

Vegetarians generally use eggs, and many of them fish and oysters. Buddhists do not use either ; theirs is most emphatically a diet of cereals. They have not to overcome race tendencies, as have their Western vegetarian brethren.

The receipts given here for breads are suggestions merely, since every cook can make them.

BREAD.

FOR four loaves of bread take two quarts lukewarm water. Into them dissolve one cake compressed yeast, handful of salt. Stir with a wooden spoon enough flour to make it very stiff; beat; flour the hands and add enough flour to make a smooth dough which can be brought clean from the pan. Knead until smooth; flour the pan, sprinkle some flour over the top, cover, and let it rise. When light so that the dough is cracked over the top, put upon a paste-board, work smooth, cut into four loaves, put in buttered pans, let it rise until light. Bake one hour. Or a sponge can be made of the water and enough flour to make a stiff batter. Add

yeast. Set to rise. When light, work as above, but do not add any more water.

Whole-Wheat Bread.—Bread can be made of whole-wheat flour in the same way.

Brown Bread.—To one quart of wheat flour add two quarts wheat bran, one cup of molasses, and some salt. To be worked as above, but with only a spoon until as stiff as can be handled. Will require longer baking, perhaps ten or fifteen minutes.

Rye Bread.—Scald enough corn-meal in a large porcelain kettle overnight to make a mush. When cool add yeast. In the morning work in rye flour and some salt.

Biscuit.—One quart sifted flour, three teaspoon-

fuls Royal Baking Powder, small teaspoonful of salt, two tablespoonfuls of butter. Stir flour, salt, and baking powder, and put in the butter, rubbing them together with the hands. Add milk enough to roll out.

Rolls.—Into a pint of milk put two tablespoonfuls of butter. Let it come to the boiling point. Dissolve a cake of compressed yeast in a coffee-cup half full of cold water. Sift two quarts of flour into a wooden bowl. Add one tablespoonful of sugar, one teaspoonful of salt. Pour in milk and yeast, and mix together, but do not add any more flour. Do this overnight. Roll out and cut and put into baking-pan, and allow it to rise until ready to cook it. Never lift the cover to look at it, because it chills the dough.

Graham Gems.—Take enough Graham flour and water to make a stiff batter. Put in hot buttered gem-pans and bake in a hot oven.

Boiled Wheat.—Select fair, plump wheat ; pick it over carefully and wash it perfectly clean. Let it soak in cold water twenty-four hours. Boil it in the same water (adding more if necessary) till perfectly soft. It will require several hours to cook it. It may be eaten with milk or sugar, or without any of these, as preferred.

Boiled Rice.—Be careful and select for this purpose the large plump kernel called *head-rice* ; boil it in pure, soft water and in a covered vessel about twenty minutes, stirring it gently occasionally ; then set it off from the fire

and in a place just warm enough to simmer ; let it remain an hour and a half *without stirring* ; the grains may then be taken out full and unbroken.

Undoubtedly the best method of cooking rice is to cover it well with water and set it in a moderate oven, stirring it occasionally. When nearly done and the water mostly absorbed, milk may be added if desired, making a very good dish. Or the water may be omitted and it may be cooked entirely in milk, using the same proportions of milk and rice as for a pudding, but omitting the sugar.

Another excellent method of cooking rice is by steaming it. A double boiler, commonly called a "farina boiler," is best for this purpose, but if none can be had a tightly-covered

tin pan, set over a kettle of boiling water, will answer.

SOUPS.

Pea-Pod Soup.—Take pea-pods, three or four pounds; boil six hours in not much water; boil down almost to a pulp (with the lid off to keep their color). Throw in a handful of soup greens; salt and pepper according to taste. Strain and press well through a colander or sieve. Boil some peas, and when done add good piece of butter. Put in tureen and pour soup over them.

Three Ways of Making Tomato Soup.—(1) Materials for this soup are: One large can or twelve fresh tomatoes, one quart of boiling water, two onions, a small carrot, half a

small turnip, two or three sprigs of parsley, or a stalk of celery—all cut fine and boiled one hour. As the water boils away add more to it, so that the quantity may remain the same. Season with one even tablespoonful each of salt and sugar, and half a teaspoonful of pepper. Cream a tablespoonful of butter with two heaping ones of flour, and add enough hot soup till it will pour easily. Pour into the soup ; boil all together for five minutes ; then strain through a sieve, and serve with toasted crackers or bread.

- (2) One quart tomatoes, two heaping table spoonfuls flour, one tablespoonful butter, one teaspoonful salt, one teaspoonful sugar, one pint hot water. Directions : Let tomato and water come to a boil ; rub flour, butter, and a tablespoonful of tomato together. Stir into

the boiling mixture ; add seasoning ; boil all together fifteen minutes ; rub through a sieve, and serve with toasted bread.

- (3) A simpler receipt than either of these is as follows : One can of tomatoes, one quart boiling water ; boil ; strain ; add one teaspoonful soda, one pint milk, a little butter, pepper, and salt ; let it scald, not boil ; add two rolled crackers.

Cream of Celery Soup.—One pint milk, one tablespoonful flour, one tablespoonful butter, a head of celery, a large slice of onion, a small piece of mace. Boil celery in a pint of water from thirty to forty-five minutes ; boil mace, onion, and milk together. Mix flour with two tablespoonfuls of cold milk and add to the boiling milk. Cook ten minutes. Mash

celery in water in which it has been cooked, and stir into the boiling milk; add butter, and season with salt and pepper. Strain and serve immediately. The flavor is improved by adding a cupful of whipped cream when soup is in the tureen.

Onion Soup.—Take three large onions, slice them very thin, and then fry to a bright brown in a large spoonful of butter. When brown add half a teacupful of flour, and stir constantly until red. Then pour in slowly one pint of boiling water, stirring steadily till it is all in. Boil and mash fine four large potatoes, and stir into one quart of boiling milk, taking care that there are no lumps. Add this to the fried onions, with one teaspoonful of salt and half a teaspoonful of white pepper. Let all

boil for five minutes, and then serve with toasted or fried bread. Simple as this seems, it is one of the best of the vegetable soups.

Milk Soup.—Four potatoes, two onions, two ounces butter, quarter of an ounce of salt, pepper to taste, one pint milk, three tablespoonfuls tapioca. Boil slowly all the vegetables with two quarts water, then strain through colander; add milk and tapioca. Boil slowly, and stir constantly, fifteen minutes.

Sorrel Soup.—Put a large lump of butter into a stew-pan with three large handfuls of sorrel, picked, washed, and the stalks cut off, and one tablespoonful of flour. Stew for half an hour, then pour on boiling water as required. Boil from one to one and a half hours. Put

into soup-tureen one pint of good cream, and pour the soup on this, beating well all the time. Many vegetarians add to the cream one or two egg-yolks.

Potato Soup.—A quarter of a pound of butter, three large onions peeled and sliced small; stew in a stew-pan until brown; stir frequently. When ready have peeled three or four dozen of medium size white potatoes, and slice them into the stew-pan with the onions and butter. Pour sufficient boiling water over for the amount of soup desired. Let them boil for two hours, and then strain through a sieve into the soup-tureen. Season with salt and pepper.

Vegetable Soup.—Take a few potatoes, couple of heads of cabbage, three to four turnips, hand-

ful of carrots, and handful of soup greens. Boil at least four to five hours. Brown onions in oven with butter, and put into soup a couple of hours before it is done. Season with salt and a trifle of pepper. Strain through the sieve into soup-bowl.

Carrot Soup.—Two or three bunches of carrots ; throw into stew-pan with butter and a couple of onions chopped fine. Stew for half hour, and pour sufficient boiling water for the quantity of soup required. Then let it boil for a couple of hours. Strain ; season with pepper and salt.

The following receipts for vegetables will enable any determined person to have all the variety and richness in food that is desirable or requisite, either for health or hospitality.

TIME-TABLE FOR VEGETABLES.

Shell Beans.—Boil half an hour to an hour.

Green Corn.—Boil fifteen minutes.

Green Peas.—Boil twenty minutes in as little water as possible.

Asparagus.—Same as peas. Serve on toast with drawn butter.

Cabbage.—Boil about three quarters of an hour.

Sweet Potatoes.—Boil from thirty to forty minutes. Bake in hot oven one hour.

White Potatoes.—Boil thirty minutes in salted water.

Turnips.—Boil from forty minutes to an hour. They should be peeled.

Beets.—Boil from one to two hours ; after they are boiled put in cold water to slip the skin off.

Spinach.—Boil twenty minutes.

Parsnips.—Boil from forty-five minutes to an hour, according to size.

Onions.—Boil in two waters ; then drain, and add milk, butter, and pepper.

String Beans.—Boil one hour, or even two.

Cauliflower.—Boil from forty-five minutes to an hour in salted, boiling water.

Oyster Plant.—Boil about half an hour.

Winter Squash.—Pare, cut in pieces, boil until tender, drain off water, and mash.

Carrots.—Boil until tender. About forty-five minutes.

Greens.—Boil thirty minutes in salted, boiling water.

Onions.—Pare the onions in a pan of water ; if kept wet will not hurt the eyes of the worker.

Many vegetables—such as peas, beans, and len-

tils—contain far more nutrition than any form of flesh ; and, if the percentage of nitrogen be adopted as the standard of nutriment, are to be considered far more nutritious. While a nitrogeneous diet is necessary to sustain the body in full energy, a diet too rich in nitrogen entails upon the secretory organs too much work, the excess of nitrogen requiring to be eliminated by their means. In the vegetable kingdom we have every kind of food, from succulent fruits and vegetables, containing a large percentage of water, to nuts and cereals, consisting almost entirely of solid matter. We may conveniently arrange our principal vegetable food-stuffs into the following groups :

Wheat, the most important of all cereals, is specially adapted for bread-making. Bread

made from whole meal contains a large amount of salts which are specially rich in phosphoric acid. The bran portion of whole meal is not only valuable for its phosphates, but contains also a nitrogeous body which greatly assists in the digestion of the bread. Macaroni is a preparation of wheat.

Oatmeal is particularly valuable as a food. It contains more nitrogen than any other cereal, with a very large percentage of starch and sugar. It contains more than ninety per cent of nutriment. The coarsely-ground meal is best ; made into a porridge, it is one of the most valuable dishes we have.

Indian corn or maize is rich in nitrogen, and in this respect ranks next to oats. It is a cheap and nutritious food when ground, and well cooked in porridge or baked into cakes. The

starch of maize, sold as corn-flour, is expensive, being a manufactured article ; besides, it only represents the carbonaceous constituents of the grain, and containing no mineral matter, can add nothing to the bones. Infants fed on corn-flour grow up rickety. It makes nice puddings or blanc-mange.

Rice is the least nitrogeneous of all grains. It is a good addition to bread, and is especially serviceable to combine with highly nitrogeneous foods, such as peas, beans, and lentils. It is particularly adapted for invalids, as it is one of the most easily digested substances known.

Barley contains less nitrogen than wheat, but more starchy matter, and in this respect is similar to rice. Barley bread is more compact and heavy than wheaten bread. With

an equal bulk of wheaten flour it will make good bread. Deprived of its husk and rounded, it becomes pearl barley, and in this form is serviceable for soups and puddings.

Rye contains more nitrogen than barley, but is not so well adapted for making bread as wheat, though so largely used by the Germans and Dutch for this purpose.

Pulses are the seeds of leguminous plants (the pea tribe). They are the most highly concentrated of all foods. The nitrogenous element predominates.

Lentils contain twenty-nine per cent of nitrogenous matter. They are easily cooked by simmering in water after a few hours' soaking. Served with jelly or apple-sauce, they are delicious. Or uncooked fruits, as figs,

dates, etc., may be used to insure more complete mastication.

Peas are also very nourishing, containing nearly as much nitrogen as lentils. They ought to be eaten with bread, rice, or some other carbonaceous food. They require to be well cooked. Split peas are the most useful for pea-soup or pea-pudding. The best way to cook split peas is to simmer them for a long time with a little water until a paste is produced ; in this state they are easy of digestion and very agreeable. Green peas are more nutritious than any other succulent vegetable. Broad beans, French and kidney beans, are similar in composition to green peas.

Baked Potatoes.—Wash the potatoes, which

should be good-sized ones ; put them in the oven, and turn them occasionally till sufficiently done ; will need about an hour.

Or, pare the potatoes and put them in a saucepan with cold water ; let them boil slowly till about half done ; drain and dry them ; brown some butter in a tin ; put in the potatoes ; sprinkle over a little salt, and bake them, turning occasionally till sufficiently done.

Baked Potatoes with Dumplings.—Pare and wash the potatoes ; make some good paste into balls, about the same size as the potatoes, and place them alternately with the potatoes in a pie-dish, previously buttered ; add a little onion, finely chopped, and sufficient water to about half fill the dish ; season with pepper and salt, which should be mixed with the

water ; cover with a flat dish and bake them.

New Potatoes.—When the potatoes are fresh gathered the skin is best rubbed off with salt in a coarse cloth ; wash very clean, and let them remain for about half an hour in salt and water ; put them into a pan, with as much cold water as will cover them ; add a little salt ; boil slowly till done ; pour the water entirely away, and put a clean cloth closely over them, and also the cover on the pan ; set them where they will keep hot, but be careful they do not burn ; serve with some small pieces of butter laid on the top.

Mashed Potatoes.—Pare and wash the potatoes ; put them in a pan with cold water ; boil

slowly and carefully ; dry and mash them with a potato-masher till quite smooth, adding a little salt and hot milk, with a little butter melted in it ; beat them well with a fork ; put them into a hot dish, and turn them out on a vegetable dish.

Stewed Potatoes.—Pare raw potatoes, cut in thin slices, stew in boiling salted water until tender. Drain ; add a large cup of milk, butter, pepper, trifle of salt, and boil two minutes.

Fried Potatoes.—Pare and slice the potatoes ; sprinkle with salt ; dredge a little flour over them, and fry in butter, turning them several times.

Cold boiled potatoes may be sliced and fried in the same way.

Broiled Potatoes.—Boil eight or ten large potatoes ; when cold slice them lengthwise, and put on a toaster over the fire ; when browned, salt, and pour melted butter over them.

Scolloped Potatoes.—Mince fine cold potatoes, put in a biscuit-pan, sprinkle with bread crumbs, salt and pepper, and bits of butter, and bake.

Cabbage.—Cut the cabbage in two, or, if large, in four pieces, and well wash and boil it quickly in plenty of water, adding salt and a small piece of soda ; when about half done drain it in a colander, and put it into fresh boiling water ; when soft enough, drain and press the water away ; chop it, adding a little butter, pepper, and salt ; put it into a hot pan, and turn it out on a vegetable dish. Savoy's are boiled in the same way.

Cabbage or Greens.—Boil the cabbage, press out the water as dry as possible, and when cold chop it, but not too small ; put one or two tablespoonfuls of cream in a saucepan, with a small piece of butter ; add pepper and salt, and when the butter is melted stir in the cabbage or greens till perfectly hot.

Stewed Red Cabbage.—One red cabbage, one onion, one ounce of butter, and three teaspoonfuls of vinegar. Take off the outside leaves, wash the cabbage well, cut it in thin slices, and put it in a pan of boiling water ; add a little salt ; when about half boiled drain the water entirely away, leaving the cabbage as dry as possible ; then put it into a pan with quarter of a pint of boiling water, the onion cut in thin slices, and the butter ; season with

pepper and salt ; let it stew gently till the cabbage is perfectly soft, and add the vinegar.

Boiled Carrots.—Wash the carrots ; boil them in plenty of water till quite tender, adding a little salt ; rub off the skin with a clean cloth ; cut them in slices, and serve with butter sauce.

Stewed Carrots.—One pound and a half of carrots, one ounce of butter, quarter of an ounce of parsley, one teaspoonful of flour, and four tablespoonfuls of cream. About half boil the carrots, then scrape and slice them ; put them into a pan with half a teacupful of water ; add pepper and salt ; let them simmer till quite tender, but not broken ; add the chopped parsley, and stir in the flour and butter pre-

vously mixed ; simmer them ten minutes longer ; add the cream, and serve immediately.

Artichokes.—Strip off a few of the outer leaves and twist off the stalks ; lay them, with the leaves downward, in cold water with salt in it, for half an hour ; wash and drain them well ; put them into a pan of boiling water, adding salt and a small piece of soda ; keep them covered with the water by placing a plate over that will fit inside the pan as nearly as possible ; cover with lid, adding boiling water as required ; boil about two hours. To try them, draw out a leaf, and if it comes out easily, they are sufficiently done ; drain ; place them in a vegetable dish, and serve with butter sauce in a boat.

Jerusalem Artichokes.—Wash and brush the artichokes, but do not peel them; boil as potatoes; drain and then peel them, and serve hot in a vegetable dish, with butter sauce poured over them. They also may be boiled and mashed as turnips, with a little cream, adding pepper and salt.

Sea-Kale.—The short, thick kale is the best. Trim it nicely, and tie it in bundles; boil it in plenty of water with two ounces of salt; when tender, drain it on a clean cloth; lay it neatly in a dish upon toasted bread, which should be previously dipped in the water, and serve with butter sauce.

Boiled Lentils.—Pick and wash the lentils, then boil them a few minutes; drain them in a col-

ander, and lay them thickly on buttered toast. Melt a little butter in the oven, and pour it over the lentils. Serve very hot.

Stewed Lentils.—One quart of lentils, three ounces of butter, one onion, one tablespoonful of chopped eschalots, and a small bunch of parsley. Wash the lentils in cold water ; set them on the fire in two quarts of cold water, with one ounce of butter, eschalots, the onion sliced, the parsley chopped, and a little salt ; simmer on the fire about two hours ; drain in a sieve ; put the lentils in a stewpan with two ounces of butter mixed with a little flour ; stir it well on the fire ; boil gently ten minutes, and serve on a flat dish, with a border of mashed potatoes, or in a deep dish.

Tomatoes.—Scald them in hot water, then pare

them and cut out the ends ; stew them quickly in a very little water for about ten minutes, then slowly until done ; season with pepper and salt, and serve hot.

Tomatoes with Bread-Crumbs.—Scald the tomatoes to peel them ; put in stewpan with good piece of butter, some pepper, and salt ; add some bread-crumbs, and stew half an hour.

Tomatoes with Onions.—Six tomatoes, two onions. Peel and cut the onions in small pieces ; put them in a pan with a little water, and let them boil until tender ; then add the tomatoes previously pared ; season with pepper and salt, and let them simmer about quarter of an hour ; season with butter, pepper, and salt.

Tomatoes au Gratin.—Scald, peel, and slice three

large, ripe tomatoes ; put into an oval, two-quart tin a layer of the slices ; strew over these a layer of cracker-crumbs ; add a pat of butter ; salt and pepper to taste ; add another layer of sliced tomatoes, and so on until the tomatoes are used. Cover the top layer with a liberal amount of grated cheese ; pour in a pint of soup stock, or hot water, and bake fifteen minutes. If too dry when done add a little more liquid. A good dish for breakfast, lunch, or dinner.

Baked Tomatoes.—Cut the tomatoes in half ; pour juice and pulp over some crumbled bread ; pepper and salt. Fill up the tomatoes with the mixture ; put in a baking-dish ; sprinkle with crumbs of bread, little salt and pepper, some bits of butter, and bake.

Fried Tomatoes.—Cut ripe or green tomatoes in two or three pieces ; mix a handful of Indian meal with some pepper and salt ; dip the tomatoes into it, and fry in butter, with care not to scorch. Lay the slices upon a hot dish ; make a gravy of a cup of milk, two teaspoonfuls corn-starch, little butter and salt, and pour over them.

Raw Tomatoes.—Scald to remove the skins ; cut in thin slices ; sprinkle on them salt, pepper, and vinegar to the taste.

Boiled Macaroni.—Put macaroni into a porcelain-lined kettle ; add a small onion, chopped ; boil in water about half an hour, stirring often. When tender add pieces of cheese ; take away from the fire, cover tight, and let the cheese melt before serving.

Baked Macaroni.—Boil in salted water twenty minutes ; put in a baking-dish a layer of macaroni, then a layer of cheese. Bake until brown.

Rice Curry.—Three fourths of a cup of butter, two large onions, one heaping tablespoonful of curry powder, three tomatoes (or one cupful of the canned article), enough cayenne to cover a three-cent piece, salt, one cup of milk. Put the butter and the onions, cut fine, on to cook. Stir all the while until brown, then add the curry, tomatoes, salt, and pepper. Stir well, and after these ingredients have simmered for a few minutes, add the milk, and boil up once. Have ready boiled rice, and stir in with it as much of the curry as is wanted to season it. This receipt makes a hot curry, but not too rich.

Fried Onions.—Peel some large onions ; cut them in slices, season with pepper and salt, and fry them in butter till nicely browned.

Stewed Onions.—Large Portugal onions are the best. Peel the onions, taking care not to cut off the tops and roots too closely, or the onions will fall in pieces ; put them into a stewpan broad enough to hold them without laying one over the other ; add sufficient water to cover them, and let them simmer until tender. Serve them, the root side upward, on a flat dish, and pour the sauce over them. The sauce to be made with some water, thickened with flour and butter previously mixed, and seasoned with pepper and salt. The onions are equally nice steamed instead of being stewed.

Stewed Celery.—Six ounces of celery, half a pint of milk, four tablespoonfuls of cream, half an ounce of flour, and one ounce of butter. Put the celery into cold water, with some salt; let it remain ten or fifteen minutes; wash it clean, and boil it in milk and water till tender, but not soft; drain it; divide the roots lengthwise, and cut them in pieces about one inch long. Set the milk on the fire; add the flour and butter, mixed well together, and season with salt, white pepper, and a very little powdered mace; stir it constantly till it boils; then put in the celery; simmer it ten minutes; stir in the cream, and serve immediately.

Turnips.—Pare and wash the turnips; cut them in slices, and put them into a pan with as

much cold water as will cover them ; boil them, and when done enough, pour them into a sieve and press the water well from them ; mash them with some butter, or good cream, and a little salt ; put them into a saucepan, and stir over the fire two or three minutes ; pour into a hot basin, and turn them out on a vegetable dish.

Gather turnip-tops when young ; wash and drain them ; put them into a pan of boiling water, adding a little salt, and let them boil twenty minutes ; drain and serve, or chop them, with a little butter, pepper, and salt.

Hominy.—Boil one pound of hominy in five pints of water till soft ; when drained as dry as possible, put it into a vegetable dish ; add

a little butter, pepper, and salt, and serve immediately.

Stewed French Beans.—Boil and drain the beans, then put them in a saucepan with a little cream, flour, and butter, mixed together; season with pepper and salt, and stew them gently about ten minutes.

Beans.—In shelling the beans take off the green ends, and when washed drain them in a colander; put them into a pan with plenty of boiling water, adding salt; boil them till tender; drain in a colander, and serve with parsley sauce. When beans are grown large, but not mealy, boil and blanch them; have ready white sauce made hot; put in the beans, and just heat them through in it, and serve immediately.

Boil old broad beans about an hour, rub them through a coarse sieve, and mix with them a little butter, pepper, and salt ; put the mash into a hot pan or mould, turn it out, and serve immediately.

French Beans.—Cut off the ends and strip the strings from the sides ; then if small cut the beans down the middle and across, but if large cut in thin slices in a slanting direction, putting them in cold water ; then put them into a pan of boiling water, adding salt and a small piece of soda ; boil them till tender ; drain in a colander, and serve with butter sauce.

Dried Beans.—Pick the beans over carefully, wash them perfectly clean, cover them about

three inches deep with cold water, and let them soak all night. Early in the morning place them over the fire, leaving upon them all the water that may remain unabsorbed and adding enough more to cook them in. Let them *simmer* slowly all the forenoon, but do not allow them to *boil*. When done, if any seasoning is desired a little sweet cream is sufficient. To bake them, take them from the fire about an hour before they are done, place them immediately in a deep pan, and bake one hour in a very hot oven. Those who will try this method will be surprised to find how much superior it is to the ordinary way of cooking them.

Spinach.—Spinach requires more care in picking and washing than most other vegetables.

Wash it several times ; drain the water well away ; put it into a pan of boiling water ; add salt and a very small piece of soda ; boil quickly and skim it ; when quite tender spread a clean cloth over a colander ; pour in the spinach, and squeeze the water well from it ; chop, and put it into a saucepan with a little butter and salt ; stir it on the fire one or two minutes ; put it on a hot, flat dish ; put another hot dish over it to smooth the surface ; cut or mark it in squares, and serve immediately.

Baked Vegetable Marrow. — One middle-sized marrow, one tablespoonful of bread-crumbs, and quarter of an ounce of parsley and leeks, mixed. Half boil the marrow ; peel and cut in small pieces, taking out the seeds ; put it

into a flat dish with some butter, melted ; season with pepper and salt, and bake it about twenty minutes in a moderately hot oven. Spread over it the bread-crumbs and the parsley and leeks ; let it remain in the oven till nicely browned, and serve with brown sauce. Ordinarily three eggs are added to this dish.

Baked Vegetable Marrow with Onions and Sage.—

Pare and cut in two a good-sized marrow ; scrape out the seeds and fibres ; rub the marrow over inside and out with a little salt ; let it drain an hour ; fill up the halves with onions previously boiled a little and chopped with some sage ; add a little butter, pepper, and salt ; close them, and tie them together with a little twine ; butter a dish, and bake in the oven.

Baked Parsnips.—Boil until tender ; pare and cut in slices, lengthwise ; dip in fine white meal to which has been added a little salt and pepper, and fry until brown in butter.

Baked Parsnips.—Scrape or pare the parsnips, and, if large, cut them in quarters ; lay them on a flat baking-dish ; add a little water ; dredge with flour and salt ; bake till soft and slightly browned. A little butter may be put on the top just before serving.

Mashed Parsnips.—Boil the parsnips in plenty of water, adding a little salt ; when soft take them out, scrape and mash them ; put them into a saucepan, with a little milk or cream ; stew them over the fire till thickened ; add one ounce of butter and a little salt ; when

the butter is melted turn them out in a vegetable dish.

Boiled Green Peas.—Put the peas in a saucepan of as little boiling water as possible, adding a little salt, and let them boil quickly ; when they are done sufficiently drain them in a colander, but do not dry ; return them to the saucepan ; stir in a piece of butter and a dredge of flour, and keep them over hot water till they are required. If young they will boil in twenty minutes. If the peas are rather old, put a small lump of sugar and a very small piece of soda into the water in which they are boiled.

Green Peas with Cheese.—One pint and a half of peas, quarter of a pint of sweet milk, two tablespoonfuls of cream, one ounce of

butter, and one ounce and a half of cheese. Put the milk, cream, and butter, with the cheese grated, in a saucepan on the fire ; add a little cayenne pepper ; stir the whole till the butter and cheese are dissolved ; put in the peas when well boiled and drained ; stir two minutes, and serve quite hot.

Stewed Dried Peas.—One pint of peas and one ounce of butter. Pick and wash the peas ; steep them in water twelve hours ; put them into a pan with just sufficient water to cover them ; add the butter and a teaspoonful of salt ; let them boil ; afterward stew gently till the peas are quite soft, and season with pepper and more salt, if required.

Fried Cucumbers.—Cut full-grown, solid cucum-

bers in slices about a quarter of an inch thick ; dip them in batter, and fry them a light brown ; serve with brown sauce.

Stewed Cucumbers.—One pound of cucumbers, half a pound of onions, one ounce of butter, and one teaspoonful of flour. After peeling the cucumbers and onions cut them in slices about the eighth of an inch thick, and fry them in butter till well browned ; then put them into a saucepan with quarter of a pint of hot water or vegetable broth ; season with pepper and salt ; let them stew till quite soft ; add the flour and butter, mixed well together, and boil gently five minutes.

Stewed Mushrooms.—Wipe some large button mushrooms ; boil them quickly in a little

water ; then let them stew gently twenty minutes, adding a piece of butter, mixed with a dessertspoonful of flour, a little pounded mace, cayenne pepper, and salt ; boil them, frequently shaking the pan round during the time, and when done add a little good cream. Serve with a wall of rice or bits of toasted bread.

Stewed Mushrooms.—Let them lie in salt and water an hour ; cover with water, and stew until tender ; season with butter, salt, and pepper ; cream, if you wish.

Broiled Mushrooms. — Peel some good-sized mushrooms, and cut off the stalks ; put them in a tin with a small piece of butter on each ; season with pepper and salt, and let them re-

main in the oven till rather brown on both sides ; take out the mushrooms ; pour a little water (in which the stalks and parings have been boiled) into the tin, and when boiling pour it on the dish.

Fried Mushrooms.—Pare the mushrooms, which should be large ones, and put them in water, and brown side downward ; drain them carefully on a sieve or colander ; lay them between two cloths till nearly dry ; sprinkle them over with salt and pepper, and fry them a light brown. Serve with brown sauce.

Egg Plant.—Cut the egg plant in slices ; sprinkle salt over them ; cover with cold water ; let them stand half an hour ; drain ; wipe with a cloth, and then dip in corn-meal that is seasoned with pepper and salt, and fry in butter.

White Potatoes.—Boil and peel and cut into thin slices in stewpan; some butter; parsley chopped fine, also a small quantity of milk; heat together for about ten minutes. Asparagus tops can be used also with this dish.

Fried Potatoes with Onions.—One pound and a half of cold boiled potatoes, three onions, one pound of chopped parsley, and three ounces of butter. Melt the butter in a frying-pan; put in the onions, sliced; fry them a light brown; add the potatoes, cut in thin slices; fry them till of a yellow color, turning them occasionally, and then add the parsley, salt, and pepper.

Cold boiled potatoes may also be prepared in the following way: Slice them into a frying-

pan, and over a quart of potatoes pour half a teacupful of good cream ; sprinkle over a little salt ; cover closely, and after they begin to boil stir them occasionally till the pan is nearly dry, but do not allow them to burn.

Hashed Potatoes.—Cut the potatoes as for a pie ; put them in a pan, with a little chopped onion, pepper, and salt ; add a little butter, allowing about half an ounce to each pound of potatoes, and quarter of a pint of water ; cover the pan, and let them stew moderately about thirty or thirty-five minutes.

Roasted Potatoes.—Pare the potatoes ; melt a little butter in a dish in the oven ; put in the potatoes ; sprinkle them with a little salt ; dredge a little flour over them ; put them in

a quick oven, and turn them frequently till they are done.

Potatoes in Balls.—Boil and dry the potatoes in the usual way, and mash them quite fine, adding a little cream, pepper, and salt, and a small piece of butter ; roll them in balls with a little flour, and brown them with a little butter, or fry them.

Potatoes when prepared as above may be pressed into a basin, turned out, and browned before the fire.

Stewed Corn.—Cut the corn from the ears *before* cooking ; add milk, salt, and pepper to taste, and little butter, and stew five minutes.

To Boil Corn.—Plunge into boiling salted water, and boil twenty minutes.

Canned Corn.—To one can of corn add a cup of milk, little salt, pepper, and butter, and scald, but do not boil.

Beet-tops.—The green tops of young beets may be prepared as spinach, and boiled half an hour.

Ochra may be cooked like asparagus, or cut in slices and dried for soup.

Asparagus.—Cut off as much of the stalk as will leave the asparagus five or six inches long; scrape the remaining white part very clean; tie them in small even bundles; put them into boiling water, and let them boil till tender, but not soft; take them out with a skimmer and place neatly upon a thin toast laid on a

dish, and serve immediately with butter sauce or cream sauce.

Asparagus Stewed.—Cut the points and tender parts of the asparagus in pieces ; put them in a pan with a little water, adding salt and about half a saltspoonful of carbonate of soda ; let them stew till tender, then add about an ounce of butter, a little white pepper (a teaspoonful of powdered loaf sugar if desired) ; move them gently round, and just at the last add a little good cream or milk. Put a slice of toasted bread on a platter, pour the asparagus upon it, and serve immediately.

Succotash.—Put Lima beans into boiling water ; add salt ; boil half an hour. Cut off the corn. Drain the water from the beans ; add to them

a little milk, and boil corn with it five minutes. Season with pepper and butter.

Cauliflower with White Sauce.—Boil the cauliflower in milk and water or water alone till nearly tender ; separate it in small pieces, and put it into a saucepan with white sauce, and either a few small mushrooms or very small onions, previously boiled, and serve with toasted bread put round the dish.

Broccoli may be cooked the same way.

Cauliflower with Cheese.—Shorten the stems of cold boiled cauliflower ; place it on a flat dish and set it in the oven ; when a little warmed pour over it about an ounce of hot clarified butter mixed with some grated Parmesan or other cheese ; put it again into the oven, and let it brown ; serve immediately.

Fried Celery.—Boil the celery till nearly tender ; then divide the roots ; dip them in butter, and fry them in the same way as the cauliflower.

Celery Mayonnaise.—Cut off the root end of four heads of celery ; separate them and wipe each piece ; cut them in inch pieces, and then into small narrow strips ; put them in a salad bowl ; add a mayonnaise sauce, and serve. Mayonnaise is more satisfactory than a plain salad dressing in a celery salad, but the plain can be used if desired.

SALADS.

Potato Salad.—Chop two quarts cold boiled potatoes ; mix one teaspoonful salt, half teaspoonful pepper, two tablespoonfuls parsley,

two tablespoonfuls grated onion, one gill vinegar, half gill melted butter ; pour over potatoes ; stand half an hour before serving.

Welsh Rarebit.—Toast the bread, and spread with mustard, then melt the cheese and spread over, and put together the same as sandwiches.

Dressing for Salad.—Make rich drawn butter ; add a little mustard, salt, and pepper, and vinegar ; let it cool before serving.

Drawn Butter.—Rub together two tablespoonfuls butter, one of flour ; add just a trifle of cold water, then some boiling water until proper consistency, little salt. Boil two minutes.

PUDDINGS.

Tapioca Pudding.—Soak half pound tapioca in water ; pare and core enough large apples to fill a baking-dish ; boil the tapioca until transparent ; pour over the apples after it is sweetened ; put bits of butter on top ; grate some nutmeg, and bake until the apples are cooked.

Brown Bettie.—One third of bread and two thirds of apples ; crumble the bread fine and chop the apples, two cups brown sugar, one half cup butter, two teaspoonfuls cinnamon, a little nutmeg. Mix thoroughly and spread over apples and bread. Bake brown.

Sauce for above Pudding.—One teaspoonful butter, one half cup brown sugar, one pint boiling

water, one teaspoonful flour ; flavor with vanilla.

Rice Pudding.—To every quart milk take three tablespoonfuls raw rice, three tablespoonfuls sugar, one heaping teaspoonful flour. Boil rice until soft, with a trifle of salt, add to milk, which has been in baking-dish where it would warm, then sugar, flour wet with a little water. Bake until the milk is creamy. As soon as skin forms on top break it with a cooking-spoon ; repeat this two or three times.

Corn-Starch Pudding.—To every quart of milk four tablespoonfuls of corn-starch ; wet with water ; add a small pinch of salt, and boil about five or six minutes.

Stewed Raisins.—Select Malaga raisins and soak overnight in cold water (as much water as will cover them). Pour them in the morning in a stewpan, and cook for two hours.

Stew figs in the same way.

Cranberries and Raisins.—One quart cranberries stewed ; add half pound raisins without stoning. Boil ten minutes. Sweeten to taste.

Rice and Apple.—When the rice is about one third cooked add a small quantity of tart apples sliced. When done, stir thoroughly together. If steamed this is a very nice dish.

Rice and Raisins.—An excellent dessert is made by adding one cup of raisins to three cups of rice and cooking in the ordinary manner, either in water or in equal parts.

Tapioca Pudding with Peaches.—Wash half a pint of small tapioca ; put it in a double boiler, add a liberal quart of boiling water, and boil half an hour. Peel and halve a dozen peaches, put them in a pan, and one quarter of a pound of powdered sugar, a saltspoonful of mixed ground spice, four ounces of butter, and the grated rind of a lemon. Pour the tapioca over the fruit, bake to a delicate brown, and serve—hot or cold—with cream.

Orange Pudding.—Slice together oranges and bananas ; sugar, and before serving cream, if desired.

Stewed Prunes.—Take one pound French prunes, cover with water, sweeten a little, and stew until the fruit is puffed out.

Apple Sauce.—Take one pound evaporated apples, one large lemon, pared, and the seeds removed; cover with cold water; stew quickly until tender, then sweeten.

Ginger Cookies.—One cup molasses, one cup sugar. Put four tablespoonfuls boiling water into a cup and fill the cup with melted butter, one teaspoonful ginger, one of salt, and one of soda. Mix as soft as can be rolled; roll thin as a knife-blade.

Indian Pickle.—To each gallon of vinegar allow six cloves of garlic, twelve shallots, two sticks of sliced horseradish, quarter of a pound of bruised ginger, two ounces of whole black pepper, one ounce of long pepper, one ounce of allspice, twelve cloves, quarter of an ounce of cayenne, two ounces of mustard-seed,

quarter of a pound of mustard, one ounce of turmeric, a white cabbage, cauliflower, radish pods, French beans, gherkins, small round pickling onions, nasturtiums, capsicums, chillies, etc.

Mode of Preparing.—Cut the cabbage, which must be hard and white, into slices, and the cauliflower into small branches ; sprinkle salt over them in a large dish, and let them remain two days ; then dry them, and put them into a very large jar, with garlic, shallots, horseradish, ginger, pepper, allspice, and cloves, in the above proportions. Boil sufficient vinegar to cover them, which pour over, and, when cold, cover up to keep them free from dust.

As the other things for the pickle ripen at differ-

ent times, they may be added as they are ready; these will be radish-pods, French beans, gherkins, small onions, nasturtiums, capsicums, chillies, etc. As these are procured they must, first of all, be washed in a little cold vinegar, wiped, and then simply added to the other ingredients in the large jar, only taking care that they are covered by the vinegar. If more vinegar should be wanted to add to the pickle, do not omit first to boil it before adding it to the rest. When you have collected all the things you require, turn all out in a large pan, and thoroughly mix them. Now put the mixed vegetables into smaller jars, without any of the vinegar; then boil the vinegar again, adding as much more as will be required to fill the different jars, and also cayenne, mustard-seed, tur-

meric, and mustard, which must be well mixed with a little cold vinegar, allowing the quantities named above to each gallon of vinegar. Pour the vinegar, boiling hot, over the pickle, and when cold cover with an air-tight lid.

If the pickle is wanted for immediate use, the vinegar should be boiled twice more, but the better way is to make it during one season for use during the next.

It will keep for years if care is taken that the vegetables are quite covered by the vinegar. For small families perhaps the above quantity of pickle will be considered too large ; but this may be decreased at pleasure, taking care to properly proportion the various ingredients.

Indian Mustard (an excellent relish to bread and butter).—Ingredients : Quarter of a pound of

the best mustard, quarter of a pound of flour, half an ounce of salt, four shallots, four tablespoonfuls of vinegar, four tablespoonfuls of catsup, quarter of a bottle of anchovy sauce.

Mode of Preparing.—Put the mustard, flour, and salt into a bowl, and make them into a stiff paste with boiling water. Boil the shallots with the vinegar, catsup, and anchovy sauce for ten minutes, and pour the whole boiling over the mixture in the bowl; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shallot at the bottom, and store away for use. This makes an excellent relish, and if properly prepared will keep for years.

Indian Chutney Sauce.—Eight ounces of sharp, sour apples, pared and cored, eight ounces of



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tomatoes, eight ounces of salt, eight ounces of brown sugar, eight ounces of stoned raisins, four ounces of cayenne, four ounces of powdered ginger, two ounces of garlic, two ounces of shallots, three quarts of vinegar, one quart of lemon juice.

Chop the apples in small, square pieces, and add to them the other ingredients. Mix the whole well together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month. The Buddhists of India and Ceylon season the majority of their dishes with curry, and thus give to their food a great gameness of taste. Likewise their confections are sweet to satiety. The native fruits, such as citrons, figs, mangoes, etc., are preserved in candied syrups, and are often nauseating to a Western appetite.

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